

Farm



Fresh

November 2007

Available Now...

Squash

From comforting soups to savory side dishes, squash is a fall favorite. There are many varieties of winter squash including acorn, banana, buttercup, butternut, golden nugget, spaghetti, sweet dumpling and turban.

Winter squash is also nutritious, providing vitamins A and C and fiber. When choosing a squash, select one that has a hard tough rind and that is heavy for its size.



Look for fresh Colorado squash at your local grocery store or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit www.coloradoagriculture.com for a complete list of recipes.

Autumn Squash Casserole

Chef Jason K. Morse, C.E.C., Valley Country Club

Serves 8

- 1 Acorn squash
- 1 Butternut squash
- 1 Spaghetti squash
- 1 can (14 oz.) Pumpkin
- 1/4 cup Olive oil
- Black ground pepper and kosher salt to taste
- 1-1/2 cups Heavy whipping cream
- 1-1/2 cups Pecorino Romano Cheese
- 1 tbs. Allspice
- 1 cup Pecans, pieces
- 1-1/2 cups Brown sugar

Heat oven to 400°F. Cut each squash in half and remove all seeds, rub both sides with olive oil and season with salt and pepper. Place skin side up onto a cookie sheet and roast at 400°F for approximately 40 minutes, or until squash is tender. Remove from the oven and chill squash for about 30 minutes in the refrigerator. Once cooled, skin the squash, mash each one separately and set aside. (Note: The spaghetti squash will actually pull apart into strands similar to spaghetti.)

Spray an 8x8 square cake pan or casserole dish with non-stick pan spray. Place the mashed spaghetti squash on the bottom layer, then alternate layering the remaining squash with the cream, pecorino cheese and allspice. On the top layer, top with pecans, cream and brown sugar. Cover with foil and cook in a 350°F oven for 30 minutes, remove cover and cook for 5-7 minutes, or until pecans are browned.

Great as a Thanksgiving side or goes well with grilled steak or buffalo.

Enjoy with a Colorado wine, such as a glass of Gewürztraminer from Creekside Cellars, located in Evergreen, Colorado.

Next Month... Beef